



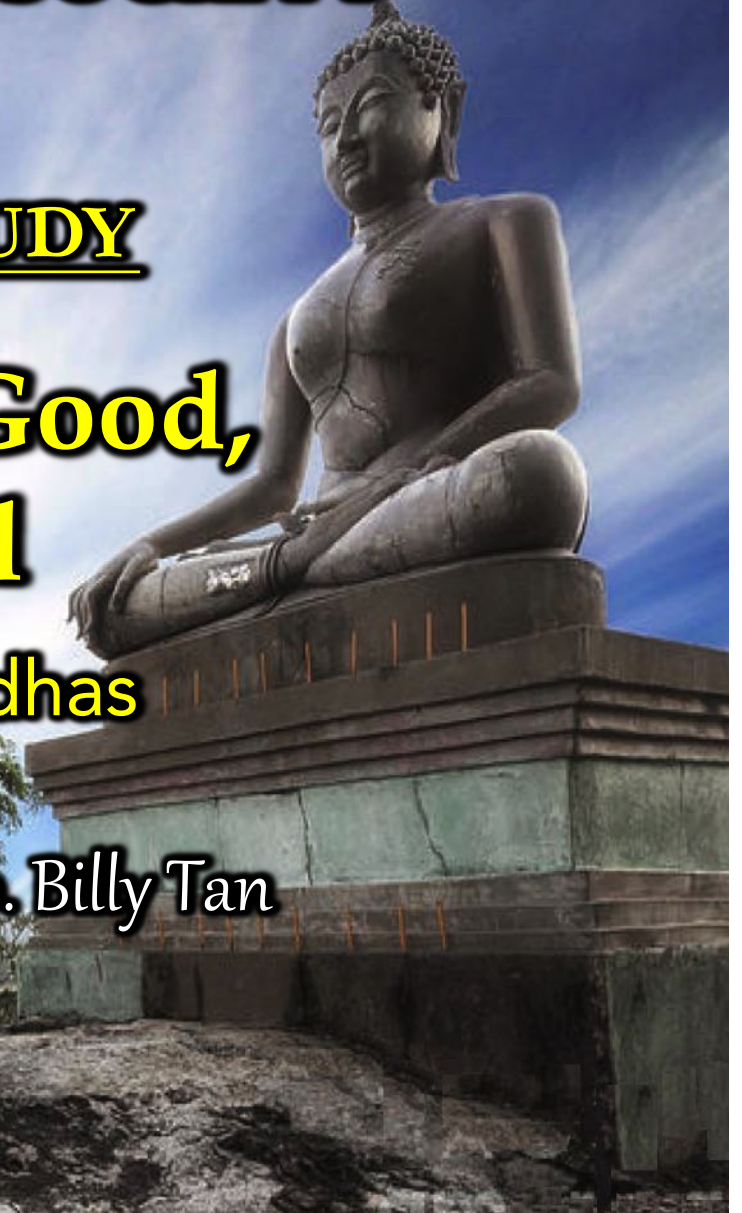
MUDITA BUDDHIST SOCIETY

DHAMMAPADA STUDY

Avoid Evil, Do Good, Purify Mind

Teaching of the Buddhas

Live Dhamma Sharing with Bro. Billy Tan



WHAT IS BUDDHISM?





WHAT IS BUDDHISM?



- **Religion? Philosophy? Psychotherapy?**
- **Science of the Mind (Dalai Lama)**
- **Not centered around any God**
(Neither Theistic nor Atheistic)
- **Centered around Teachings of Buddha**
- **In modern times, where Psychology & Psychotherapy has replaced religion**



ASPECTS OF RELIGION



1. Existence (evolutionary continuum, samsara);
2. Theology (gods, deities, devas, brahmas);
3. Cosmology (31 planes – heaven, earth, hell);
4. Epistemology (4 Noble Truths & 8-Fold Way);
5. Soteriology (salvation – enlightenment / buddha);
6. Eschatology (final destiny – Nibbana);
7. Liturgy (homage to Triple Gem, chanting, merits);
8. Ordinance (monastic & lay Precepts);
9. Morality (virtuous behavior, brahmavihara);
10. Psychology (Purification of Mind – meditation);
11. Scriptural Etymology (Pali Canon, Agamas);



BUDDHISM IS A HUMANISTIC RELIGION



DEFINITION OF “HUMANISM”

- ❑ *a doctrine, attitude, or way of life centered on **human interests or values**; especially, a philosophy that usually **rejects supernaturalism** and stresses on individual's dignity and worth and capacity for **self-realization through reason**.*

(Merriam-Webster Dictionary)



SOTERIOLOGY (SALVATION) PATH TO BUDDHAHOOD



BUDDHA

- From the root word **bodh**, “to awaken”;
- To be fully awake and comprehending all realities;
- One who is awakened is an Arahant, or a “Buddha”.

3 Categories of BUDDHAHOOD

- **Sammāsambuddha**
(self awakened, teacher of men & gods);
- **Sāvakabuddha** (awaken under guidance);
- **Paccekebuddha** (self awakened, solitary / loner).

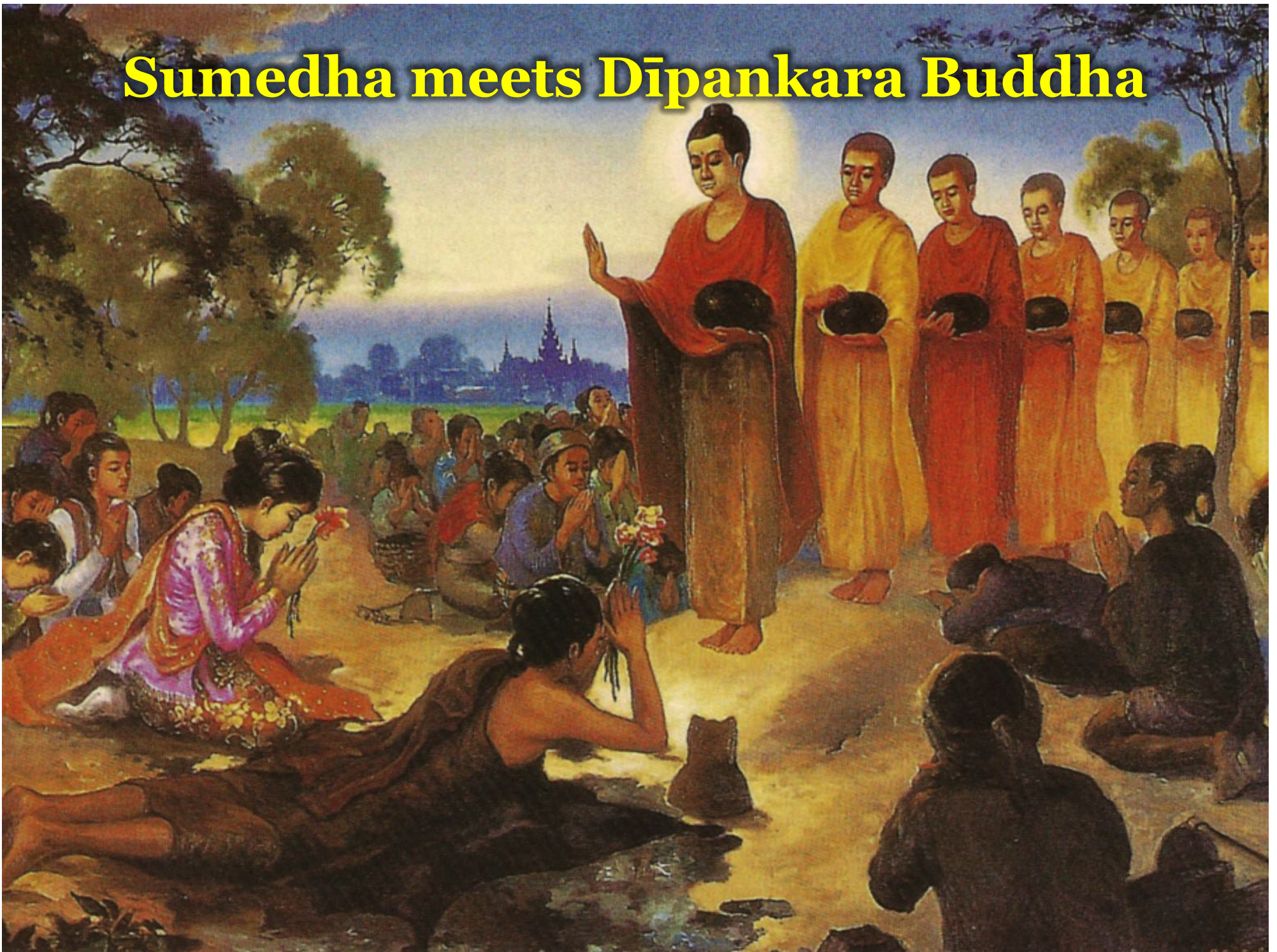


28 Buddhas in the **Buddhavamsa**



1. Taṇhaṅkara
2. Medhaṅkara
3. Saraṇaṅkara
4. Dīpankara
5. Koṇḍañña
6. Maṅgala
7. Sumana
8. Revata
9. Sobhita
10. Anomadassi
11. Paduma
12. Nārada
13. Padumuttara
14. Sumedha
15. Sujāta
16. Piyadassī
17. Atthadassī
18. Dhammadassī
19. Siddharttha
20. Tissa
21. Phussa
22. Vipassī
23. Sikhī
24. Vessabhū
25. Kakusandha
26. Koṇāgamana
27. Kassapa
- 28. Gautama (Gotama)**

Sumedha meets Dīpankara Buddha





TEN PERFECTIONS

(dasa pāramiyo)



THE TEN PERFECTIONS (PĀRAMĪ):

1. **Dāna:** generosity, charity, giving of oneself
2. **Sīla:** virtue, morality, moral conduct
3. **Nekkhamma:** renunciation
4. **Paññā:** transcendental wisdom, insight, ultimate knowledges
5. **Viriya:** energy, diligence, vigour, effort
6. **Khanti:** patience, tolerance, forbearance, acceptance, endurance
7. **Sacca:** truthfulness, honesty, integrity
8. **Adhiṭṭhāna:** determination, resolution, perseverance
9. **Mettā:** loving-kindness, universal benevolence, good-will
10. **Upekkhā:** equanimity, tranquillity, mental equilibrium, apperception



Michael Morgenstern



PRINCE SATTVA



- In a previous life, Gautama Buddha was a bodhisattva, **Prince Sattva**, son of King Maharatha, who gave up his princely life to become an ascetic in pursuit of perfecting the practice of the **Ten Pāramis**;
- One day, walking through the forest, he came to a cliff, and saw at the bottom of the cliff was a starving tigress about to eat one of her cubs out of deep desperation, severe hunger, and intense weakness to hunt for prey;
- The bodhisattva reflected that his own body had so much flesh, and by giving it up, he could save the tigress' purity and the lives of the remaining cubs.
- He leapt off the cliff to his death, falling near the tigress, enabling the tigress to eat his body.



TEACHING OF THE BUDDHAS



- While residing at the Jētavana Monastery, the Buddha gave fundamental instructions to his disciples (monks);
- Observing this, **Ven. Ānanda** asked the Buddha whether fundamental instructions to bhikkhus (monks) by previous Buddhas were the same as those the Buddha had given;
- In response, the Buddha uttered the three verses 183 ~ 185.



DHAMMAPADA VERSES 183-185



Translation by Acharya Buddharakkhita

- **183:** To avoid all evil, to cultivate good, and to cleanse one's mind — this is the teaching of the Buddhas.
- **184:** Enduring patience is the highest austerity. "Nibbāna is supreme," say the Buddhas. He is not a true monk who harms another, nor a true renunciate who oppresses others.
- **185:** Not despising, not harming, restraint according to the Code of Monastic Discipline, moderation in food, dwelling in solitude, devotion to meditation — this is the teaching of the Buddhas.

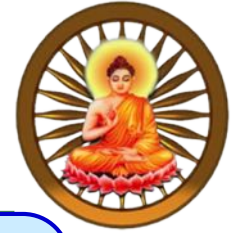


Verse 183 Pali Translation



- *Sabbapāpassa akaraṇaṃ,
kusalassa upasampadā;
Sacittapariyodapanaṃ,
etaṃ buddhāna sāsanaṃ.*
- **Sabbapāpassa**: from all evil ways;
- **akaraṇaṃ**: giving up, abandoning;
- **kusalassa**: wholesome actions, goodness;
- **upasampadā**: generation and maintenance, self-actualize;
- **Sacittapariyodapanaṃ**: purify & discipline one's mind;
- **etaṃ**: this is;
- **buddhāna**: of the Buddhas;
- **sāsanaṃ**: teaching.

(Ven. Weragoda Sarada Thero)



Verse 183 Pali Translation

- *Sabbapāpassa akaraṇam,
kusalassa upasampadā;
Sacittapariyodapanam,
etaṃ buddhāna sāsanaṃ.*
- **Sabbapāpassa**: from all evil ways;
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- **Sacittapariyodapanam**: purify & discipline one's mind;
- **etaṃ**: this is;
- **buddhāna**: of the Buddhas;
- **sāsanaṃ**: teaching.

**To abandon all evil ways:
the 3 poisons – greed,
hatred, delusion**

**To live a good life:
Renunciation**

(Ven. Weragoda Sarada Thero)



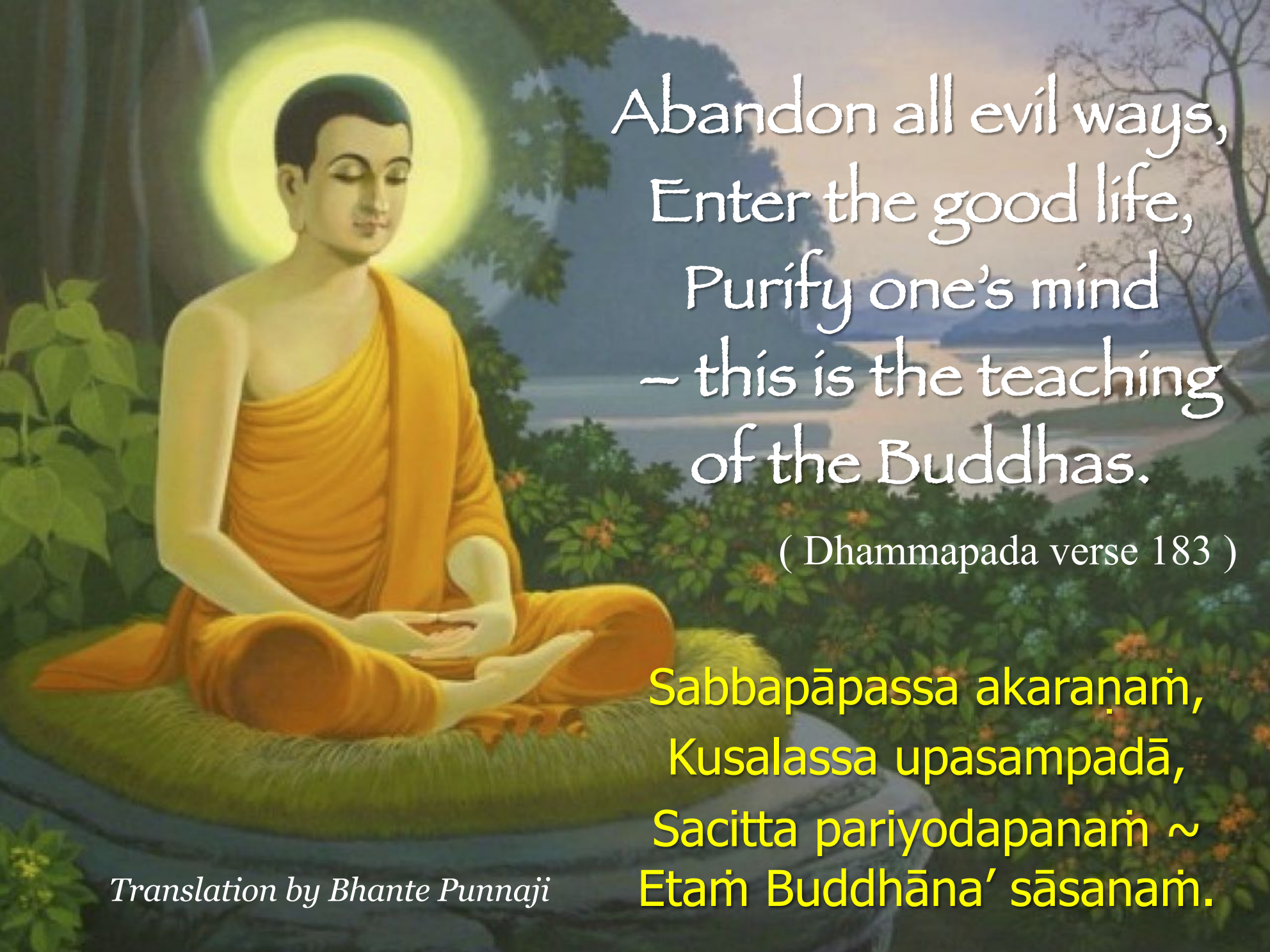
Verse 183 Pali Translation

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- **sāsanaṃ**: teaching.

**Self-realization and
disciplined practice**

**Dispensation of the
Buddha Sasana**

(Thero)



Abandon all evil ways,
Enter the good life,
Purify one's mind
~ this is the teaching
of the Buddhas.

(Dhammapada verse 183)

Sabbapāpassa akaraṇaṃ,
Kusalassa upasampadā,
Sacitta pariyodapanaṃ ~
Etaṃ Buddhāna' sāsanaṃ.

Translation by Bhante Punnaaji



Abandon all evil ways,

Enter the good life,
Purify one's mind
– this is the teaching
of the Buddhas.

(Dhammapada verse 183)

Not Harming Self
Not Harming Others

Sabbapāpassa akaraṇaṃ,
Kusalassa upasampadā,
Sacitta pariyodapanaṃ ~
Etaṃ Buddhāna' sāsanaṃ.

Translation by Bhante Punnaaji



Abandon all evil ways,

Enter the good life,

Purify one's mind

– this is the teaching

of the Buddhas.

(Dhammapada verse 183)

Wellness, Peace,
Harmony, & Happiness
Of All Beings

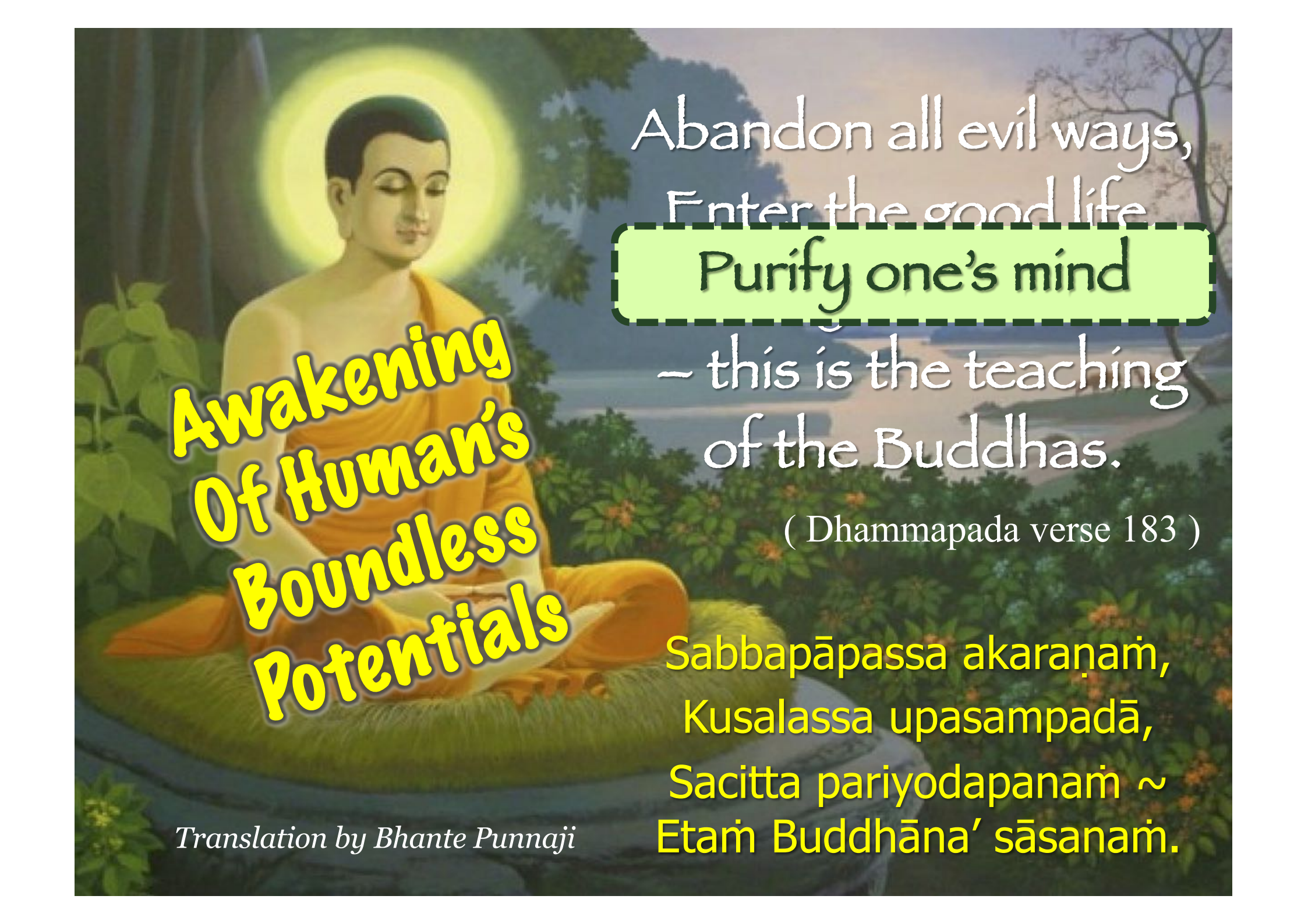
Sabbapāpassa akaraṇaṃ,

Kusalassa upasampadā,

Sacitta pariyodapanaṃ ~

Etaṃ Buddhāna' sāsanaṃ.

Translation by Bhante Punnaḥ



Abandon all evil ways,
Enter the good life

Purify one's mind

~ this is the teaching
of the Buddhas.

(Dhammapada verse 183)

**Awakening
Of Human's
Boundless
Potentials**

Sabbapāpassa akaraṇaṃ,
Kusalassa upasampadā,
Sacitta pariyodapanaṃ ~
Etaṃ Buddhāna' sāsanaṃ.

Translation by Bhante Punnaaji



28 Buddhas in the **Buddhavamsa**



DN 14 – Mahāpadāna Sutta

The Great Discourse on the Lineage

(Maurice Walshe)

5. Nāgārjuna
6. Maṅgala
7. Sumana
8. Revata
9. Sobhita
10. Anomadassi
11. Paduma
12. Nārada
13. Padumuttara
14. Sumedha

15. Siddhartha
20. Tissa
21. Phussa
22. Vipassī
23. Sikhī
24. Vessabhū
25. Kakusandha
26. Koṇāgamana
27. Kassapa
- 28. Gautama (Gotama)**

आहार-निद्रा-भय-मैथुनं च समानमेतत्पशुभिर्नराणाम् ।
धर्मो हि तेषामधिको विशेषो धर्मेण हीनाः पशुभिः समानाः ॥

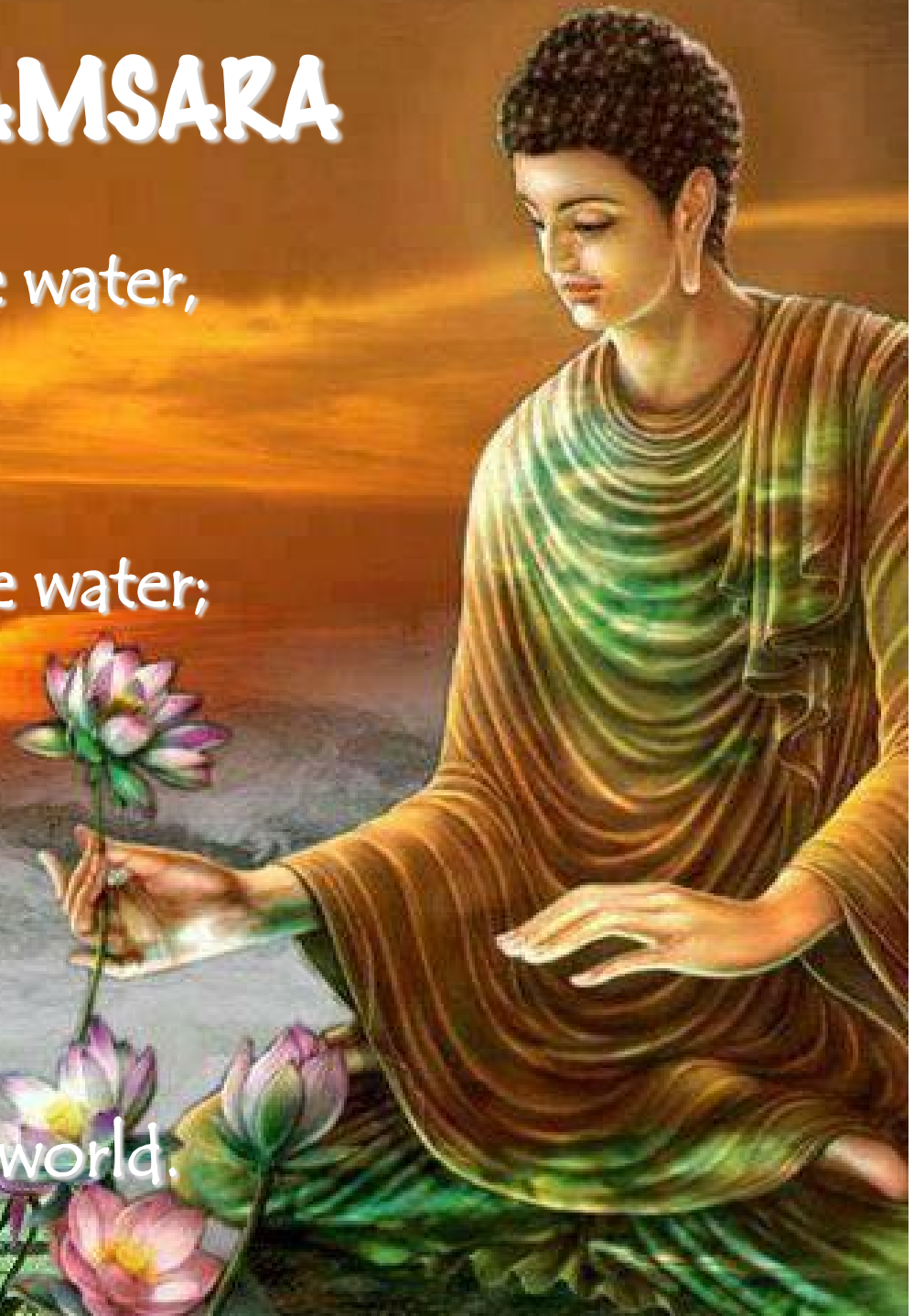
*Taking food, sleeping, avoiding dangers,
sexual activities, these acts are common
between animals and humans;*

*Ability to think, is what makes humans different,
without thinking humans are just like animals.*

AWAKEN FROM SAMSARA

Just as the lotus born in the water,
grown up in the water,
rises above the water,
and remains unsoiled by the water;

So is the Buddha,
though born in the world,
grown up in the world,
rises above the world,
he remains unsoiled by the world.





Download Presentation Slides:

www.tiny.cc/dhammapada-183

The Great Discourse on the Lineage

www.tiny.cc/dn14sutta

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